

# Greenwood Academies Trust Primary Menu

Monday Week 2	Tuesday Week 2	Wednesday Week 2	Thursday Week 2	Friday Week 2
<b>Main Meal Choice</b>				
Chicken in a Mild Curry Sauce R00108NL ½ Steamed Rice and ½ Naan Bread R00913NL	Fish Cakes R00439 Herby Diced Potatoes R00114 Baked beans R00328	Roast Beef R00406 With Yorkshire Pudding R00539 Roast Potatoes R00109 Carrots R00085 Green Cabbage R00097 Gravy R00569	Pork Sausages R00259 Creamed potato R00100 Garden Peas & sweetcorn R00103 Gravy R00569	Minced Beef in Homemade Bolognese Sauce R00038 With Pasta R00531 Garlic Bread R00550 Mixed Salad R00328
<b>Vegetarian Choice</b>				
(V) Quorn pieces In a Mild Curry Sauce R00568 ½ Steamed Rice and ½ Naan Bread R00913NL	(V) Cheese and Onion Quiche R00503 Herby Diced Potatoes R00114 Baked beans R00328	(V) Roast Quorn Fillet R00437 With Yorkshire Pudding R00539 Roast Potatoes R00109 Carrots R00085 Green Cabbage R00097 (V) Gravy R00569	(V) Vegetarian Sausage R00645 Creamed potato R00100 Garden Peas & sweetcorn R00103  Gravy R00569	(V) Minced Quorn In Homemade Bolognese Sauce R00273 With Pasta R00531 Garlic Bread R00550 Mixed Salad R00328
All Meals are served with either a mixed salad or a selection of daily vegetables.				
Jacket Potato with Cheese (V) R00554	Jacket Potato With Tuna Mayonnaise R00201 Or Baked Beans R00091	Jacket Potato Chicken Mayonnaise R00555	Jacket Potato Coleslaw or Baked Beans (V) R00652 R00091	Jacket Potato Cheese (V) R00554
A selection of sandwiches with various fillings is available daily. Please see separate sandwich menu for <b>Allergen</b> information.				
<b>Dessert Choice</b>	<b>Dessert Choice</b>	<b>Dessert Choice</b>	<b>Dessert Choice</b>	<b>Dessert Choice</b>
Madeleine sponge R00374	Fresh Fruit Salad	Frozen Yoghurts R00118	Home-made Cherry Cookie & Flavoured milk R00640	Fruit Trifle R00420
<b>A selection of Yoghurt, Fresh Fruit and Bread is available on a daily basis.</b>				
Greenwood Academies Trust understands that there are different types of vegetarian diet. Our menus reflect choices available for Lacto-ovo-vegetarians as this is the most common type of vegetarian diet. <b>All menu items are subject to availability.</b>				
<b>Allergen Information</b>				
If you have a question about the allergen content of any menu item, please ask a member of staff to show you the recipe (Recipe Reference e.g. R00062) or a Chef Recipe Card for that item.				

